

The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence, "The Country Cook, Grain Growers' Guide, Winnipeg."

The other day I was talking to a prominent Toronto woman, who has devoted a great deal of time to social work in the poorer districts. She said one of the most discouraging features of the work was the almost unbelievable mistakes of the mothers in feeding their children. She went on to say that many of the women whose husbands had gone to "the front" had, owing to the assured income from the Separation Allowance and the Patriotic Fund, more money than they had had for many a day, but instead of buying better food for themselves and families, much of the increased income goes for "finery" and the children are still fed on white bread and coffee, or crackers and tea. I do not know that we can altogether blame these women. They are probably as starved for something pretty to wear as they are for food; but it does seem a shame that they have not been taught to make the most of what they have, and how to make nourishing dishes from the cheaper cuts of meat and from cereals, instead of subsisting on the miserable ready cooked food they buy from the small shop around the corner.

However, the mistakes in feeding children are not by any means confined to the slums. I know people well to do and excellent homemakers who will give their children doughnuts first thing in the morning to keep them quiet while breakfast is being prepared. Then they wonder why their children are puny and catch everything that is going in the shape of disease.

The question of baby feeding is a whole volume by itself, so this week we will start with the child of one year. And right here I am going to give some schedules from Dr. Holt's book, "Care and Feeding of Children." Dr. Holt is one of the greatest recognized authorities on feeding children. The diets are very conservative and consequently very safe. I have found his advice invaluable in rearing a delicate child with a digestion much below normal.

The following is Dr. Holt's schedule for a child from one year to fifteen months:

6.30 a.m.—Six or seven ounces of milk diluted with 2 to 3 ounces of barley or oat gruel.

9 a.m.—From 3 to 5 tablespoonfuls orange juice, strained.

10 a.m.—Milk, 2 parts. One part oatmeal or barley gruel. About 10 ounces in all.

2 p.m.—Beef juice (from 3 to 6 tablespoonfuls) or the white of an egg, lightly cooked, or mutton or chicken broth, 4 to 6 ounces. Four to six ounces of milk and gruel.

6 p.m.—Same as at 10 a.m.

10 p.m.—Same as at 6.30 a.m.

Making Gruel

In making the gruel it is just as well to use some of the prepared barley or oat flours such as Robinson's Barley or Groats. They are much more easily prepared than gruels made from the grains and one is more apt to have them of the same consistency every day. Allow about two level tablespoons of the barley or oat flour to one pint boiling water. Mix the flour with a little cold water and stir into the boiling water; add a pinch of salt and cook in double boiler for at least thirty minutes. Strain, cool and add to the milk. To make gruel from the grains, add two

heaping tablespoonfuls of pearl barley to one pint water, a pinch of salt and boil for four hours, adding water from time to time to keep the quantity up to one pint. Strain, cool and use as directed. It is well in making this to make a sufficient quantity to last 24 hours. After it is cool and mixed with the milk it can be put in the bottles and set in a cool place, preferably in ice water.

Beef Juice.—Take half pound round steak or stewing meat. Broil slightly over the coals or in a hot dry pan. Score well and press the juice out in a meat press. I have found a potato ricer answers the purpose quite as well. Add a tiny bit of salt and give as soon as prepared.

Mutton or Chicken Broth.—One pound finely chopped lean mutton including some of the bone. One pint cold water. Cook over a slow fire for three hours until the liquid is reduced to half pint. It may be necessary to add more water. Strain and when cold remove the fat; add salt and feed warm or in the form of jelly. This may be thickened with a bit of arrowroot or cornstarch and, if liked, a bit of milk or thin cream added.

Coddled Eggs.—If egg is given it should be coddled, that is put in boiling water, removed from the fire and left for six or seven minutes until the white is like a jelly. For a child this age only the white should be given.

Chicken and beef broth may be prepared in the same way as mutton broth.

The Eighteen Months Diet

For a child up to eighteen months, Holt gives the following:—

6.30 a.m.—Warm milk, 8 to 10 ounces.

9 a.m.—Fruit juice, 2 to 3 tablespoonfuls.

10 a.m.—Cereal. One (and later 2 or 3) tablespoonfuls of oatmeal or wheaten grits cooked for three hours and strained. Put on this one to two ounces of thin cream or milk and cream but no sugar. A small piece of crisp dry toast or one Huntley and Palmer breakfast biscuit. Milk 6 to 8 ounces given from a cup.

2 p.m.—Beef juice, as in the last schedule, and one egg lightly poached or coddled. Boiled rice one tablespoonful, or mutton or chicken broth 4 to 6 ounces, a piece of dry crisp bread or two Huntley and Palmer breakfast biscuits.

6 p.m.—Two tablespoonfuls of farina, cream of wheat or arrowroot, cooked for at least half an hour, with milk and salt, but without sugar. Eight or ten ounces of milk given from a cup.

10 p.m.—Eight or ten ounces of milk given from a bottle.

I found that the groats made excellent porridge, and it was often a welcome change from the cream of wheat or arrowroot. In making it I sometimes used half milk and half water. The beef juice I gave about 3.30 in the afternoon. This was not according to Holt, but seemed to agree with my baby better at that time. The schedule to the end of the second year is practically the same, except that the quantities are increased and the cereals need not be strained. At the two o'clock lunch a very little rare scraped beef or lamb chop may be given, and one or two tablespoonfuls of prune pulp or baked apple added by way of dessert. Water, not milk, is given at the noon meal. Cereal with plenty of milk may be given at night, or milk toast or stale bread and milk.

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The Care and Feeding of Children

By Dr. Emmett Holt, M.D.

This book is regarded by children's doctors as the best and most reliable that is printed. The author is a specialist in the care and feeding of children, and after long years of experience has written this book for the use of parents. It is written in question and answer form, so that practically any question a mother would wish to ask about her child is given and answered in the book.

Dr. Holt deals with the child from the time it is born until it is several years old. He goes very fully into the question of feeding those children whose mothers cannot nurse them, of clothing children and of their care in sickness as well as in health. The book is the standard book on this subject, and is written in such simple form that any mother can understand it all.

In every home where there are children this is an invaluable book to have, and if its instructions are carefully followed it will raise the standard of health and strength among the children now growing up in our country.

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